

05 FEB 1993

DAILY CCU ROUTINE

## THURSDAY

0430 REVEILLE/HEAVE OUT/STOW GEAR/MAKE RACKS/MUSTER  
0445 PREPARE FOR P.T.  
0450 COMMENCE P.T.  
0545 SECURE P.T./SHOWER CALL/SHIFT INTO WORKING UNIFORM  
0605 COMMENCE SMOKE BREAK  
0615 SECURE SMOKE BREAK/MARCH TO GALLEY  
0700 SECURE BREAKFAST/MARCH TO CCU  
0710 COMMENCE SMOKE BREAK  
0720 SECURE SMOKE BREAK/CLAMP DOWN BERTHING AREAS & HEAD  
0730 SICK CALL/MEDICATION CALL  
0750 FALL OUT FOR COLORS  
0755 FIRST CALL TO COLORS  
0800 COLORS  
0805 COMMENCE GMT  
0855 SECURE GMT/COMMENCE HAIRCUT CALL/COMMENCE SMOKE BREAK  
0945 SECURE SMOKE BREAK  
0950 FIELD DAY CCU SPACES AND ADJACENT AREAS  
1200 LUNCH/MEDICATION CALL/MUSTER  
1220 SECURE LUNCH/COMMENCE SMOKE BREAK  
1230 SECURE SMOKE BREAK  
1245 PREPARE FOR OIC'S PERSONNEL/LOCKER INSPECTION (DRESS UNIFORM)  
1300 OIC'S INSPECTION  
1330 COMMAND VISITS  
1435 COMMENCE SMOKE BREAK  
1445 SECURE SMOKE BREAK/COMMENCE CHAPLAIN'S CALL  
1515 SECURE CHAPLAIN'S CALL/COMMAND VISITS  
1530 TEAM SPORTS (VOLLEYBALL/BASKETBALL)  
1615 SHOWER CALL/CHANGE INTO CLEAN WORKING UNIFORM/MUSTER  
1620 MEDICATION CALL  
1630 DINNER/MARCH TO GALLEY  
1720 SECURE DINNER/RETURN TO CCU  
1730 COMMENCE SMOKE BREAK  
1740 SECURE SMOKE BREAK/COMMENCE MOTIVATIONAL TRAINING/NEWS CALL  
1900 SECURE MOTIVATIONAL TRAINING/NEWS CALL/COMMENCE COUNSELOR TIME FOR INDIVIDUAL INTERVIEW. THOSE NOT BEING INTERVIEWED CLEAN UP DORM/HEAD AREAS OR DO IN-RATE TRAINING

OPNAVINST 1640.7A

05 FEB 1993

2000	SECURE COUNSELOR TIME/COMMENCE DIRECTED SELF STUDY/IN-RATE TRAINING
2030	SECURE DIRECTED SELF STUDY
2040	COMMENCE PERSONAL TIME (UNIFORM PREP/READING/LETTER WRITING/SHOWER CALL/COMMENCE SMOKE BREAK (LIBRARY CALL FOR BLUE AND GREEN BADGE LEVELS ONLY)
2115	SECURE SMOKE BREAK
2125	SECURE PERSONAL TIME/MUSTER/PREPARE FOR TAPS
2130	TAPS

APPENDIX O  
Enclosure (1)

O-2